

- a) a source of fructose from about 5 wt/wt% to about 50 wt/wt% of the carbohydrate mixture; and
- b) at least one digestible glucose polymer source from about 50 wt/wt% to about 95 wt/wt% of the carbohydrate mixture.

2.(amended) A carbohydrate system suitable for incorporation into an enteral nutritional comprising:

- a) at least about 43 wt/wt% of said carbohydrate system is the carbohydrate mixture of claim 1; and
- b) less than about 57 wt/wt% of said carbohydrate system is nutrients selected from the group consisting of nonabsorbent carbohydrates, dietary fiber and indigestible oligosaccharides.

6.(amended) A nutritional product comprising:

- a) a carbohydrate mixture comprising from about 25% to about 60% of the total calories of the product, said carbohydrate mixture comprising:
 - i) a source of fructose from about 5 wt/wt% to about 50 wt/wt% of the carbohydrate mixture; and
 - ii) at least one digestible glucose polymer source from about 50 wt/wt% to about 95 wt/wt% of the carbohydrate mixture,
- b) a source of fat comprising less than about 37% of the total calories of the product; and
- c) a source of protein comprising from about 10% to about 35% of the total calories of the product.

9.(amended) The nutritional product of claim 6 wherein the carbohydrate mixture comprises from about 35% to about 55% of the total calories of the product.

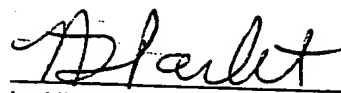
23.(amended) A method for blunting the postprandial glycemic response comprising enterally administering the carbohydrate mixture according to claim 1.

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